



# “VIRTUAL INSANITY – LAPS ON LOCKDOWN”

## TERMS & CONDITIONS

Your challenge must be completed at any time in this uncertain ‘COVID -19’ (Coronavirus) pandemic in 2020. It must be a minimum of 5K (3.1 miles), 10K (6.21 miles), 13.1 miles or 26.2 miles (depending on the distance you’ve entered into). It is not only limited to this. You can use it as part of a longer run if you wish, as long as you stay within Government guidelines. You cannot do the challenge by running an organised running event/race. This must be a social or training run/challenge for yourself. You won’t find an actual event at the moment anyway, but this is just in case rules are relaxed in the future.

Only data and a photo to prove that you did it with your e-bib (sent via email after you sign up to the challenge and must be worn on your challenge and shown in photo) will be accepted as qualification for a bespoke ‘Laps On Lockdown’ medal. Data from GPS watch/phone or app accepted and you must send this via the event Facebook page, business Facebook page (Bys Vyken Events) or via email to [www.bysvykencornishtrails@gmail.com](mailto:www.bysvykencornishtrails@gmail.com).

Please send a photo including that of you wearing your printed out bib (you’re responsible for bib printing and ink and energy costs). Please note that even though this isn’t an actual race, you are advised to still write emergency info and your name on the number in case of an emergency or should the ultimate hazard of dying mid run occur! You are advised to keep away from built up areas and are advised to maintain 2 metres (6ft) of distance between yourself and anyone else.

**YOU NEED TO RUN A MINIMUM OF 5 LAPS OF ANYTHING ON YOUR ROUTE. NO SPECIFIC DISTANCE REQUIRED AND YOUR ROUTE DOESN’T ALL NEED TO BE LAPS/LOOPS/REPS TO QUALIFY.**

This is not an actual race! This is a personal challenge. You will be responsible for picking your own route/path/journey and the number of miles if you plan on running more than your specific entered distance in on go. **THIS MUST BE A COMPLETED IN ONE SINGLE ATTEMPT AND NOT MULTIPLE STAGES.**

You are advised to keep to public rights of way only and are advised to respect the basic environmental codes of closing ALL gates and not littering on your chosen route.

Upon signing up for this challenge and adventure, you are agreeing to all these rules and regulations laid out in these terms and conditions and declare yourself fit and capable of running or walking at least half of the distance that you have entered.

This challenge is open to all those wishing to walk as well as run. It is not eligible for any other method of transportation including, but not limited to, cycling.

There will be no race leader board. This isn’t Strava and the like. We won’t be publishing your times so everybody can look at everybody else’s. Not everybody will be running the same route and some

Bys Vyken Events & Cornish Trails and their race directors, David Andrewartha & Sally Galsworthy, Bys Vyken Race Team, every landowner, tenant or charity responsible for maintaining the area in which you decide to run are not responsible for the route you take, the gear that you wear whilst

doing so, the nutrition and hydration, or lack of that you take with you or indeed your injury or death whilst pursuing this challenge. We will have no marshals or aid stations or maps on your route. This is YOUR route remember. We have no say over where you go or how fast you do it in. You assume complete responsibility of yourselves and your own environment. Sticking to public rights of way and taking and reading a map is advised and essential in lots of places. It's recommended that you figure out where you're going before leaving the home. You are responsible for yourself and recommend that challengers under the age of 16 should be accompanied by an adult.

You are ultimately responsible for sticking to the Government guidelines surrounding what we can and cannot do during the Covid-19 pandemic/crisis.

You are advised to read the do's and don'ts on the Gov.uk link in your initial email (the one that includes these terms and your bespoke number for the challenge)

By reading this and entering, you are accepting liability.

**ALL PHOTOS/IMAGES THAT ARE POSTED BY YOU ON OUR SOCIAL MEDIA AND/OR EMAILED TO US WILL MEAN YOU GIVE US PERMISSION TO USE THEM FOR PUBLICATION AND PROMOTION OF THIS AND FUTURE EVENTS. YOUR IMAGES MAY BE USED TO ADD TO CERTAIN FACEBOOK ALBUMS BUT WILL NEVER BE SHARED TO ANY OTHER PAGE THAT'S NOT OWNED BY BYS VYKEN EVENTS & CORNISH TRAILS OR WITH ANY INDIVIDUAL. BY SENDING TO US, POSTING ON OUR PAGES OR TAGGING IN SOCIAL MEDIA POSTS, YOU GIVE US PERMISSION TO USE YOUR IMAGES/LIKENESS'.**

There will be a no refund policy in place and you will not be allowed to transfer or defer to an actual event held by us. IN THE EVENT OF AN EMERGENCY DIAL 999 where you will be able to contact ambulance, police, fire and coastguard services. Please respect the environmental code. Close all gates behind you and do not litter the area where you run (as previously stated within these terms).

You must understand that your event fee will be used for the administration of your entry and your medal and posting of said medal before money is used to send to the charity in question, in this case RCHT Charity).

No charity that you are raising money for with this challenge will NOT be responsible in exactly the same way that Bys Vyken Events & Cornish Trails and those sole trading as Bys Vyken Events & Cornish Trails are.

You are responsible for maintaining your own safety in this time by following government guidelines set out. Please visit gov.uk for new updated information on the forthcoming end of the world.

We are not responsible for the supply of any PPE in your challenge. Be sensible and stay safe.

Medals are subject to availability, despite choice.

These terms & conditions were assembled by the Governing Event Director of 'Bys Vyken Events & Cornish Trails', David W J Andrewartha. The charity you are helping to raise money for (Royal Cornwall Hospitals Charity) and are once again not liable for the things in these terms that Bys Vyken Events & Cornish Trails are not liable for.

We thank you for taking the time to read. Enjoy your adventure! X